

“WHEN PROJECT”
Weekly Health Education
Program

1 Corinthians 10:31



September is Apple Month

An apple is a crunchy, bright-colored fruit, which is one of the most popular in the U.S. You’ve probably heard the age-old saying, “An apple a day keeps the doctor away.” Although eating apples isn’t a cure-all, it is good for your health.

European settlers brought apples with them to the Americas. They preferred apples to North America’s native crabapple, a smaller, tarter fruit.

Today, many types of apples are grown in the U.S., but a small percentage of the ones you can buy in grocery stores are imported. Each type of apple has a different shape, color, and texture.

Apples are commonly used in recipes like pies, cookies, muffins, jams, salads, oatmeal or smoothies. They also make a great snack or wedge and smear with peanut butter.

An apple can be sweet or sour, and its flavor can vary depending on what type you’re eating.

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Apple types

There are many varieties, including:

- **Red Delicious**
- **McIntosh**
- **Mutsu**
- **Gala**
- **Granny Smith**
- **Fuji**
- **Honeycrisp**

Apple Health Benefits

Apples can do a lot for you, thanks to plant chemicals called flavonoids. And they have pectin, a fiber that breaks down in your gut. If you take off the apple's skin before eating it, you won't get as much fiber or flavonoids.

Eating apples may support weight loss, gut health and brain health. The fiber pectin acts as a prebiotic, feeding beneficial gut bacteria.